

# Living the Epicurean Philosophy

**Post by “Kalosyni” of January 3, 2023 at 2:56 PM**

I'm thinking that we need a thread for encouragement as well as outreach (possible facebook posts). This could be ideas for flyers or brief summaries. Also anything of an Epicurean "therapeutic" nature.

Here is a graphic I made today:

# The Philosophy of Epicurus

One must laugh and seek wisdom and tend to one's home life and use one's other goods, and always recount the pronouncements of true philosophy. VS41



So practice these and similar things day and night, by yourself and with a like-minded friend, and you will never be disturbed whether waking or sleeping, and you will live as a god among men. (Letter to Menoeceus)



**Nature must be persuaded, not forced. And we will persuade nature by fulfilling the necessary desires, and the natural desires too if they cause no harm, but sharply rejecting the harmful desires. VS21**

